

# Naval Base Ventura County



## October, November, December 2003

### Groups and Class Schedule

- **Deployment Support Group** – PH  
Wednesdays, Ongoing 1 Oct, 1800-1930
- **Couple's Communication** – PM  
4 sessions–Thursdays, 20 Nov-18 Dec, 1600-1800
- **Divorce Support Group** – PH  
Thursdays, starting ongoing 2 October, 1130-1230
- **“Getting Organized”**–PH  
5 sessions, Wednesdays, 15-29 October,  
5-12 November, 1400-1530
- **Parenting & Step-Parenting Skills** – PM  
4 sessions–Thursdays, 16 Oct - 6 Nov, 1600-1730
- **New Parent Support Group**  
Thursday, 16 Oct & 18 Dec. 1800-1930 – PM  
Thursday, 20 November, 1800-1930 – PH
- **Self-Esteem & Personal Goals** – PH  
Thursdays, 2 October, 1600-1800
- **SAVI Training**–PH  
3-7 November, 0830-1600
- **Special Interest Parenting Series**–PH  
1600-1700
  - October 21: Strengthening Family Life
  - November 18: Home Alone....Is your child ready?
  - December 16: Our Kids in a Violent Society
- **Anger Management (5 sessions)**  
Must attend 1<sup>st</sup> session!  
Thursdays, 9 Oct-6 Nov, 0900-1100 – PM  
Wednesdays, 12 Nov-17 Dec, 1600-1800 – PH
- **Stress Management (4 sessions)**  
Tuesdays, 4-25 November, 1400-1530 – PH

Coming in January 2004

**24/7-No One Ever Told Me**

0-4 Parenting Project, 6 weeks series,

6 Jan 04.....Call for more info

### Career Development Resource Center Classes

- **Command Financial Specialists** – PM  
Monday-Friday, 27-31 October, 0730-1600
- **CONSEP** – PH  
Monday-Thursday, 1-4 December, 0800-1600
- **Million \$ Sailor**  
Tuesdays, 21 Oct-9 Dec, 1800-2000 – PM  
(No class on 11 November)
- **Resume Preparation (Fed/Civ)**  
Thursday, 2 October, 1300-1600 – PM  
Thursday, 13 November, 1300-1600 – PH  
Thursday, 4 December, 1300-1600 – PM
- **Homebuying**  
Tuesday, 14 October, 1800-2000 – PM  
Thursday, 20 November, 1800-2000 – PH  
Thursday, 20 December, 1800-2000 – PH
- **Personal Financial Management** – PH  
Wednesday, 1 & 15 October, 0730-1600  
Wednesday, 5 & 19 November, 0730-1600  
Wednesday, 10 December, 0730-1600

Participate in the FFSC  
Family Violence Prevention Activities  
\*See October calendar

#### Legend:

PH – Port Hueneme Site (805) 982-5037

PM – Point Mugu Site (805) 989-8146

## Couple Communication



Couples are those people who have a partner in a relationship (Not necessarily married).

An FFSC Clinical Counselor will facilitate this workshop.

This workshop will increase your awareness of self, partner and your relationship.

Learn the skills of listening and effective communication.

4 Session Class at FFSC Point Mugu  
Thursdays, 20 Nov-18 Dec, 1600-1800pm

## SELF ESTEEM AND PERSONAL GOALS

Unleash Your Inner Superhero



Thursdays, 1600-1800pm  
Beginning October 2

Open to All!

Fleet and Family Support  
Center ~ Port Hueneme

Please call The FFSC at 982-5037  
to confirm attendance.

## Divorce Support Group

Going through a marital breakup is one of the most stressful and difficult times a person can face. Our support group will help you cope with the many changes that divorce brings. We will look at the emotional stages of divorce, help children cope, and address the many challenges and solutions to this life altering experience.



Thursdays, 2 October, 1130-1230  
at FFSC Port Hueneme

## Parenting & Step-Parenting Skills

Kids don't come with  
instructions or it  
would be easy!



This class deals with the major challenges of adjusting to the diverse experiences of a family.

You will be provided tools to enhance solidarity and build bonds based on mutual respect and trust.

This will help family members adjust!

4 Session Class at FFSC Point Mugu  
Thursdays, 16,23,30 October and  
6 November, 1600-1800

## Getting Organized

Overwhelmed by household chores and family schedules? Don't know what to do first or where to start? Come to our five session class based on the principles of the Fly Lady. You owe it to yourself to begin conquering chaos before the holidays set in. You can do this!



Wednesdays, 21 October-12 November  
1400-1530, FFSC Port Hueneme

Child Care chits available!

## MILLION \$ SAILOR

*Invest two hours a week for seven weeks.*

Learn the techniques to make this happen! This class is designed for Navy personnel and their spouses. Learn budgeting techniques, credit management, savings and investment options, insurance needs, understanding your LES, consumer rip-offs, and car purchasing techniques.

*This can be you!*



21 Oct-9 Dec, 6-8pm, FFSC Point Mugu

## Resume Preparation

A resume alone will not get you a job in the private sector, but a good resume is necessary in order to get you that "all important" interview. This course will discuss what employers are looking for in a resume, how to tailor your resume to a particular job, what tools you need to complete your resume...in other words **HOW TO GET YOUR FOOT IN THE DOOR!** Once you have gathered your information, individual appointments with a Career Educator will be available for polishing your resume.

2 October, 1-4pm, FFSC Point Mugu  
13 November, 1-4pm, FFSC Port Hueneme  
4 December, 1-4pm, FFSC Point Mugu

Learn how to prepare and submit your Resume via RESUMIX, the internet based Federal Resume System. Topics covered include: how to target a specific job series, how to convert military experience into knowledge and skills for your Federal Resume, and what web sites are available to assist. This is a *beginner's* course to get you started; setting a follow-up appointment with a Career Educator is recommended for polishing and submitting the actual resume.

## New Parent Support Programs

### BABY SHOWER

Wednesday, 29 October, 6-8pm  
FFSC Port Hueneme

### BIRTH BASICS - 6 Weeks (No Drop-ins)

Mondays, 3 Nov-8 Dec  
FFSC Port Hueneme 6-8pm

**SUPER SATURDAY (all day Birth Basics)**  
(scheduled next quarter)

### BOOT CAMP for NEW DADS

Thursday, 9 October, 6-9pm, FFSC PM

**HEARTBURN TO HICCUPS**  
(scheduled next quarter)

### INFANT MASSAGE (2 sessions)

Wednesdays, 15-22 October, 6-7:30pm FFSC PM

### PLAY GROUPS

Every Tuesday at the PM Chapel from 9-11am  
Every Thursday at the PH Chapel from 11-12pm

For more information,  
contact Mary Anne Vernallis at 982-6127





## COMMAND FINANCIAL SPECIALISTS (CFS)

*E-6 and above*

Intensive 5 day course to train Navy personnel as Command Financial Specialists as part of the Navy Personal Financial Management (PFM) Education, Training, and Counseling Program defined under OPNAVINST 1740.5A. As a trained CFS, you will advise and counsel all assigned personnel in the basics of PFM and provide counseling and referral services to those experiencing financial stressors. You will be trained to present PFM classes in educating service members and their families in how to achieve a more satisfactory quality of life through enhanced management of financial resources and consumer education programs. Help your shipmates while enhancing your career! Class begins 27-31 October, 0730-1600 at FFSC Point Mugu.

***Command nominations required.***

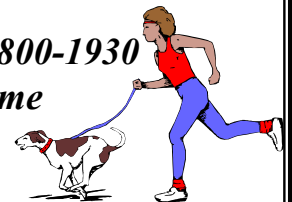
## Come join the Deployment Support Group at the Fleet and Family Support Center!



***Learn to help your spouse with their homecoming process.***

Find resources to cope with the challenges of separation during deployment. Develop friendships and a support network to accomplish goals, maintain a positive outlook, and take control of your own happiness.

***Wednesdays, Ongoing, 1800-1930  
FFSC Port Hueneme***



## Special Interest Parenting Series



*We are offering three mini-workshops on topics of interest to parents. Sign up for the one(s) you want to attend. Child Care chits will be available! All classes will be held at Port Hueneme FFSC..*

*Tuesday, 21 October, 1600-1700:*

*"Strengthening Family Ties"*

*Tuesday, 18 November:*

*"Home Alone....Is your Child Ready?"*

*Tuesday, 16 December:*

*"Kids & Violence"*

## Career Options & Navy Skills Evaluation Program (CONSEP)



This is a mid-career workshop designed to RETAIN good sailors by comparing the benefits available in the Navy with what they can expect in the civilian sector. One and ½ days will be spent on financial planning, then 1 ½ days on transition information. This workshop will end with a full day of briefs by Navy Career Counselors explaining the ways to take advantage of all a Navy career has to offer and how to be the Best you can Be!!

**Monday-Thursday, 1-4 December, 0800-1600**

**FFSC Point Mugu**

**Welcome Center, Bldg 116**

# OCTOBER 2003

## FAP/SAVI/Domestic Violence Prevention

### FFSC CLASS/EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	Playgroup PM Chapel 9-11am	<b>1</b> Divorce Support Group PH 1130-1230 PFM PH 0730-1600 Deployment Support PH 6-7:30pm	<b>2</b> Play Group PH Chapel 11-12pm Self-Esteem & Personal Goals PH 4-6pm Resume Preparation PH 1-4pm	<b>3</b>
<b>6</b> XTAP PH 8-4pm	<b>7</b> Playgroup PM Chapel 9-11am Million \$ Sailor PM 6-8pm XTAP PH 8-4pm	<b>8</b> Deployment Support PH 6-7:30pm Base Indoc PH 7:30-4pm Divorce Support Group PH 1130-1230 XTAP PH 8-4pm	<b>9</b> Base Indoc PH 7:30-4pm Play Group PH Chapel 11-12pm Self-Esteem & Personal Goals PH 4-6pm Anger Management PM 9-11am XTAP PH 8-4pm Boot Camp for DAD PM 9 Oct6-9pm	<b>10</b> Base Indoc PH 7:30-4pm
<b>13</b>  <b>HOLIDAY</b>	<b>14</b> Playgroup PM Chapel 9-11am Million \$ Sailor PM 6-8pm Homebuying PM 4-6pm	<b>15</b> Deployment Support PH 6-7:30pm Divorce Support Group PH 1130-1230 Getting Organized PH 2-3:30pm PFM PH 0730-1600 Infant Massage PM 6-7:30pm	<b>16</b> Play Group PH Chapel 11-12pm Parenting & Step Parenting Skills PM 4-5:30pm Self-Esteem & Personal Goals PH 4-6pm Anger Management PM 9-11am New Parent Support Grp PM 6-7:30pm	<b>17</b>
<b>20</b> Regular TAP PM 8-4pm	<b>21</b> Playgroup PM Chapel 9-11am Million \$ Sailor PM 6-8pm Special Interest Parenting Series PH 4-5pm Regular TAP PM 8-4pm Special Needs PM 6-7:30pm Everything You Always Wanted to Know about Family Advocacy Program PM Chapel 1200	<b>22</b> Deployment Support PH 6-7:30pm Divorce Support Group PH 1130-1230 Getting Organized PH 2-3:30pm Regular TAP PM 8-4pm Infant Massage PM 6-7:30pm	<b>23</b> Anger Management PM 9-11am Play Group PH Chapel 11-12pm Parenting & Step Parenting Skills PM 4-5:30pm Self-Esteem & Personal Goals PH 4-6pm Regular TAP PM 8-4pm	<b>24</b> Dating Violence PH 1900
<b>27</b> CFS PM 0730-1600	<b>28</b> Playgroup PM Chapel 9-11am Million \$ Sailor PM 6-8pm CFS PM 0730-1600 What's new with Victim Services PH 6-7pm	<b>29</b> Deployment Support PH 6-7:30pm Divorce Support Group PH 1130-1230 Getting Organized PH 2-3:30pm CFS PM 0730-1600 Baby Shower PH 6-8pm	<b>30</b> Anger Management PM 9-11am Play Group PH Chapel 11-12pm Parenting & Step Parenting Skills PM 4-5:30pm Self-Esteem & Personal Goals PH 4-6pm CFS PM 0730-1600 Interview Skills/Dress PH 1-3pm	<b>31</b> CFS PM 0730-1600
<b>“HANDS ARE NOT FOR HITTING”</b> <b>A Project of Promise and Prevention</b> <b>October 6~31st</b>				<b>Legend:</b> <b>PH – Port Hueneme Site</b> <b>PM – Point Mugu Site</b>
This community project brings to mind that our kids are hurt by Family Violence too! NBVC's FFSC, Child Development Home Program and our Naval Ambulatory Care Center will host this project at their various locations with art by daycare kids promising to do their best....				



# NOVEMBER 2003

## Military Family Appreciation /EFM

### FFSC CLASS/EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> XTAP PM 8-4pm Birth Basics PH 6-8pm SAVI Training PH 0830-1600	<b>4</b> XTAP PM 8-4pm Play Group PM Chapel 9-11am Stress Management PH 2-3:30pm Million \$ Sailor PM 6-8pm SAVI Training PH 0830-1600	<b>5</b> PFM PH 7:30-4pm Executive TAP PM 8-4pm Divorce Support Group PH 1130-1230 Getting Organized PH 2-3:30pm Deployment Support PH 6-7:30pm SAVI Training PH 0830-1600	<b>6</b> Executive TAP PM 8-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Parenting & Step Parenting Skills PM 4-5:30pm Self-Esteem & Personal Goals PH 4-6pm SAVI Training PH 0830-1600	<b>7</b> SAVI Training PH 0830-1600
<b>10</b>  Birth Basics PH 6-8pm	<b>11</b>  <b>HOLIDAY</b>	<b>12</b> Base Indoc PM 7:30-4pm Divorce Support Group PH 1130-1230 Getting Organized PH 2-3:30pm Anger Management PH 4-6pm Deployment Support PH 6-7:30pm	<b>13</b> Base Indoc PM 7:30-4pm Play Group PH Chapel 11-12pm Self-Esteem & Personal Goals PH 4-6pm Resume Preparation PM 1-4pm	<b>14</b>  Base Indoc PM 7:30-4pm
<b>17</b> TAP PH 8-4pm Birth Basics PH 6-8pm	<b>18</b> TAP PH 8-4pm Play Group PM Chapel 9-11am Stress Management PH 2-3:30pm Million \$ Sailor PM 6-8pm Special Interest Parenting Series PH 4-5pm Special Needs PH 6-7:30pm	<b>19</b> PFM PH 7:30-4pm TAP PH 8-4pm Anger Management PH 4-6pm Divorce Support Group PH 1130-1230 Deployment Support PH 6-7:30pm	<b>20</b> TAP PH 8-4pm Play Group PH Chapel 11-12pm Self-Esteem & Personal Goals PH 4-6pm Couple's Communication PM 4-6pm Homebuying PH 4-6pm New Parent Support Group PH 6-7:30pm	<b>21</b>
<b>24</b>  Birth Basics PH 6-8pm	<b>25</b> Play Group PM Chapel 9-11am Stress Management PH 2-3:30pm Million \$ Sailor PM 6-8pm	<b>26</b> Anger Management PH 4-6pm Divorce Support Group PH 1130-1230 Couple's Communication PM 4-6pm Deployment Support PH 6-7:30pm	<b>27</b>  <b>HOLIDAY</b>	<b>28</b>  <b>Legend:</b> PH – Port Hueneme Site PM – Point Mugu Site

# DECEMBER 2003

## Deployment Support

### FFSC CLASS/EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> CONSEP PH 8-4am Birth Basics PH 6-8pm	<b>2</b> Play Group PM Chapel 9-11am Million \$ Sailor PM 6-8pm CONSEP PH 8-4am	<b>3</b> Anger Management PH 4-6pm Divorce Support Group PH 1130-1230 CONSEP PH 8-4am Deployment Support PH 6-7:30pm	<b>4</b> Play Group PH Chapel 11-12pm Resume Preparation PH 1-4pm Self-Esteem & Personal Goals PH 4-6pm Couple's Communication PM 4-6pm CONSEP PH 8-4am	<b>5</b>
<b>8</b> Executive TAP PH8-4pm Birth Basics PH 6-8pm	<b>9</b> Executive TAP PH 8-4pm Play Group PM Chapel 9-11am Million \$ Sailor PM 6-8pm	<b>10</b> Base Indoc PM 7:30-4pm Executive TAP PH 8-4pm Anger Management PH 4-6pm Divorce Support Group PH 1130-1230 PFM PH 0730-1600 Deployment Support PH 6-7:30pm	<b>11</b> Base Indoc PM 7:30-4pm Executive TAP PH 8-4pm Play Group PH Chapel 11-12pm Self-Esteem & Personal Goals PH 4-6pm Couple's Communication PM 4-6pm	<b>12</b> Base Indoc PM 7:30-4pm
<b>15</b> TAP PM 8-4pm	<b>16</b> Play Group PM Chapel 9-11am Special Interest Parenting Series PH 4-5pm TAP PM 8-4pm Special Support PM 6-7:30pm	<b>17</b> Anger Management PH 4-6pm Divorce Support Group PH 1130-1230 TAP PM 8-4pm Deployment Support PH 6-7:30pm	<b>18</b> Play Group PH Chapel 11-12pm Couple's Communication PM 4-6 pm Self-Esteem & Personal Goals PH 4-6pm TAP PM 8-4pm New Parent Support Grp PM 6-7:30pm	<b>19</b>
<b>22</b>	<b>23</b> Play Group PM Chapel 9-11am	<b>24</b> Divorce Support Group PH 1130-1230 Deployment Support PH 6-7:30pm	<b>25</b>  <b>MERRY CHRISTMAS</b>	<b>26</b>
<b>29</b>	<b>30</b> Play Group PM Chapel 9-11am	<b>31</b>		
<div>Legend: PH – Port Hueneme Site PM – Point Mugu Site</div>				

# ***Food Distribution***

(The Military Family Community Volunteers)

**18 October 2003**

**22 November 2003**

**20 December 2003**

**0900 - 1400**

**Port Hueneme behind Bldg. 19**

(near the Pleasant Valley Gate)

**FREE**

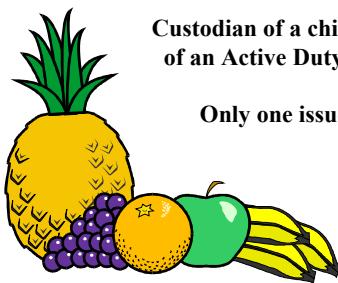
## **Requirements:**

Active Duty E-6 and below or their spouses.

E-7 with two or more dependents may qualify  
- income guideline statement available at distribution site.

Custodian of a child who is a family member  
of an Active Duty personnel on deployment.

Only one issue per family.



Note: Food items vary from month to month.



**The**  
Fleet & Family Support  
**Center**

For more information, please contact  
either site at:

**Point Mugu (805) 989-8146**

**Port Hueneme (805) 982-5037**

## **NEW Program!!**

Having a child diagnosed with any disability is heart wrenching. Parents find their world has been turned upside down when this occurs. Only another parent with a child with a disability can fully understand. Parents with Special Needs Support Group can give you help with meeting your needs and assist in locating resources. For more information, call 982-6127.

The dates are as follows:

**21 October, 6-7:30pm, FFSC Point Mugu**

**18 November, 6-7:30pm, FFSC Port Hueneme**

**16 December, 6-7:30pm, FFSC Point Mugu**

THE FLEET & FAMILY SUPPORT CENTER OF NAVAL BASE VENTURA COUNTY IS ESTABLISHED UNDER THE AUTHORITY OF OPNAVINST 1754.1A. THIS NEWSLETTER IS PUBLISHED AS AN EXTENSION OF THE CENTER'S PROGRAM. HOWEVER, ANY OPINIONS OR STATEMENTS CONTAINED IN THIS PUBLICATION ARE PERSONAL & DO NOT CONSTITUTE OFFICIAL NAVY POLICY.

**DEPARTMENT OF THE NAVY  
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**Fleet and Family Support Center - Contributing to the Mission**